To Change Everything – Start Anywhere.

Food Not Bombs

Mutual Aid & Anarchism

A Short Introduction

What is Mutual Aid?

It is taking care of each other – Mutual Aid is the act of caring for each other by meeting the community's material, social, and spiritual needs. Mutual Aid has been done by marginalized people throughout the world for generations, and it can be as simple as a group of people feeding the community with their excess food, or someone checking in on their elderly neighbor who is sick, or planting community gardens with equal access to the soil. When we are kind to each other and ensure that all our needs are met, we are engaging in mutual aid!

It is solidarity, not charity – In contrast to non-profit and government programs, Mutual Aid does not draw a dividing line between "those who need help" and "those who should help." It does not seek to concoct solutions from above and impose them on people below. Mutual Aid recognizes that all people share a common destiny, and all people have both the dignity of deserving help and the duty of helping when they can.

What Does Mutual Aid Have to Do with Anarchism?

Anarchism is a political philosophy that envisions a free society without hierarchies, based on the common ownership of land and resources. Anarchism dares to dream of a world without bosses, police officers, managers, politicians, or landlords – and instead a world where we all share in the common good and take care of each other.

Mutual Aid is an essential part of both living and achieving the anarchist dream. By sharing our resources now, despite the hierarchical society we live in, we can break down the barriers between us and slowly build the new world. If we eat in common *now,* work in common *now,* and play together in common *now,* it becomes much easier to envision that freer world in which these loving social relations are the basis for everything that we do.

Another World is Possible

At the end of the day, we know that it will take a lot more than just sharing food to change the world. The current hierarchies are powerful, and they will do everything they can to maintain their grip on power. Sometimes they even attack mutual aid efforts directly. The people who currently hold power over us don't like it when we challenge the status quo and pose a threat to their power, and we expect to receive a lot of resistance.

However, even a small key can open a large door. If people experience the joy of sharing with each other, even in a small moment, it is possible that the status quo will become more intolerable and we can start to build something better. If we can show that freedom is possible, we will be one step closer to living in a society in which everybody has enough to eat and everybody has the resources they need to live a fulfilling life.